

Fall 2001 Recipes

Salads

Warmed Mixed Greens

Serves 4

Provides 2 vegetable servings per person

- 2 cups collard greens
- 2 cups Swiss chard
- 4 cups spinach
- 1 tablespoon extra virgin olive oil
- 4 cloves garlic, crushed
- 1/2 cup chopped parsley
- 1/4 cup chopped cilantro
- 2 teaspoons ground cumin
- juice of 1 lemon (1/4 cup)
- 1/4 teaspoon salt

1. Wash all the greens. Place the collards in a large steamer over boiling water. Steam 2 minutes, add the Swiss chard and steam 2 minutes more. Now add the spinach and steam 4 minutes longer. Turn out into a sieve when tender and squeeze out the excess liquid with the back of a wooden spoon. Chop roughly.

2. Combine the olive oil, garlic, parsley, cilantro, cumin, and lemon juice in a large skillet and warm. Add the chopped greens and salt, and mix thoroughly. Serve immediately while the greens are still bright and beautiful.

Nutritional Analysis

Per Serving:

69 calories
4 g fat
49% calories from fat
0 g saturated fat
0% calories from saturated fat
5 g carbohydrates
235 mg sodium
5 g dietary fiber